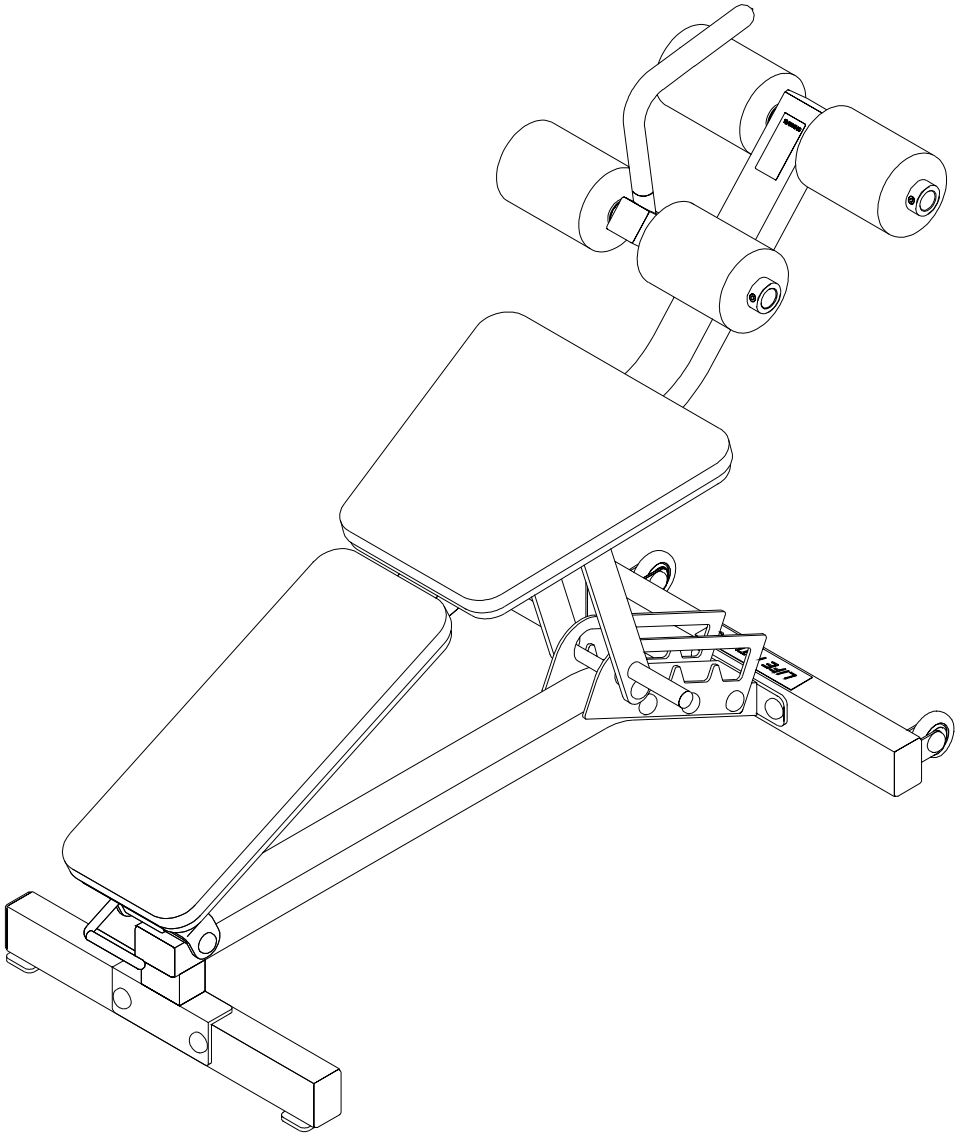
CLUB SERIES ADJUSTABLE AB BENCH



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	AP04-0013	SEAT	1	13	DB2E03807200NU	3/8" LOW HEIGHT LOCK NUT	7
2	P04-0011	FRAME	1	14	DC120010510U	3/8" SAE WASHER	18
3	AP04-0014	PAD ADJUST	2	15	P05-0009	3/8" RH WASHER	18
4	AP04-0012	BASE	1	16	P06-0021	WHITE RH CAP	18
5	AP01-0032	19-1/4" ROLLER PAD TUBE	2	OR	P06-0021	PLATINUM RH CAP	18
6	P07-0005	SEAT PAD	1	17	P06-0012	1-1/4" SHAFT COLLAR	4
7	P07-0002	BENCH PAD	1	18	P06-0005	5 X 8" ROLLER PAD	4
8	AP04-0023	REAR BASE	1	19	P06-0013	2-3/8" OD PLASTIC WASHER	8
9	DA1C03817016NU	3/8 X 170mm BOLT	2	20	P06-0007	2" SQ. END CAP	1
10	DA1C03806816NU	3/8 X 68mm BOLT	4	21	P06-0006	3 X 2" END CAP	1
11	DA1C03808316NU	3/8 X 83mm BOLT	4	22	P03-0004	3/4 X 5-5/16" CHROME PIVOT SHAFT	1
12	DA1C03816416NU	3/8 X 164mm BOLT	1				

NOTICE: ALL PART NUMBERS NEED ACU ADDED TO THE NUMBER.

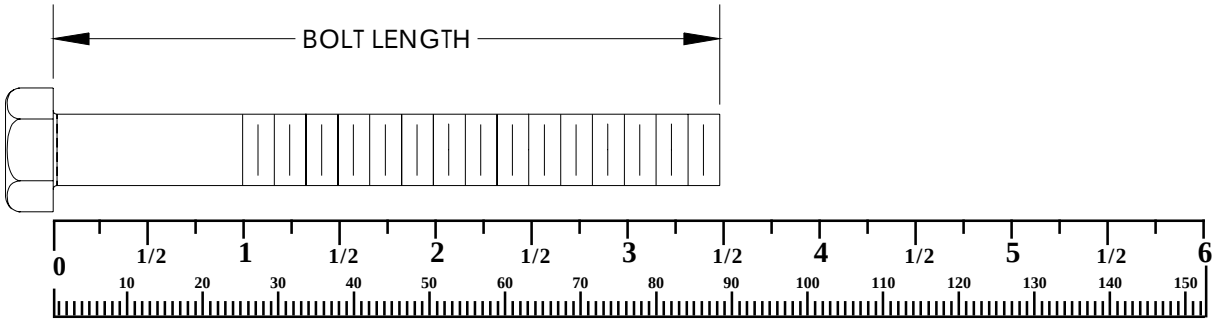
FOR INSTANCE; ACUP07-0005

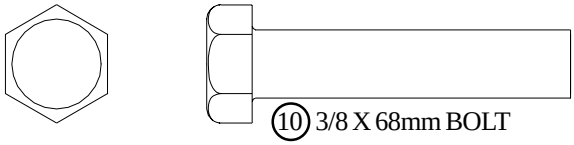
Tools Required for Assembly

* 9/16" wrench
* Ratchet with 9/16" socket
* 3mm Allen wrench (Supplied)
* 4mm Allen wrench (Supplied)

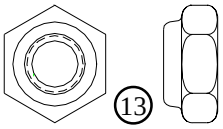
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



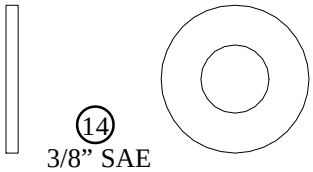


(10) 3/8 X 68mm BOLT



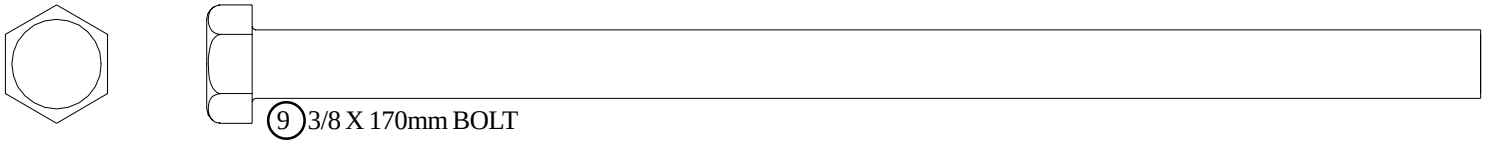
(13) 3/8" LOW HEIGHT LOCK NUT

(11) 3/8 X 83mm BOLT

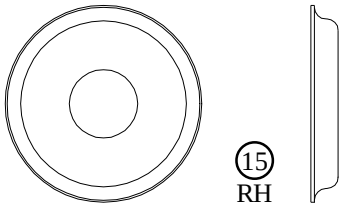


(14) 3/8" SAE WASHER

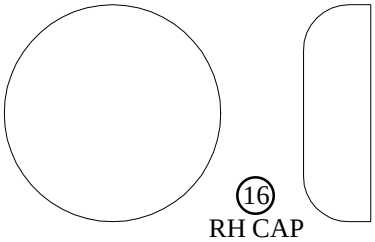
(12) 3/8 X 164mm BOLT



(9) 3/8 X 170mm BOLT

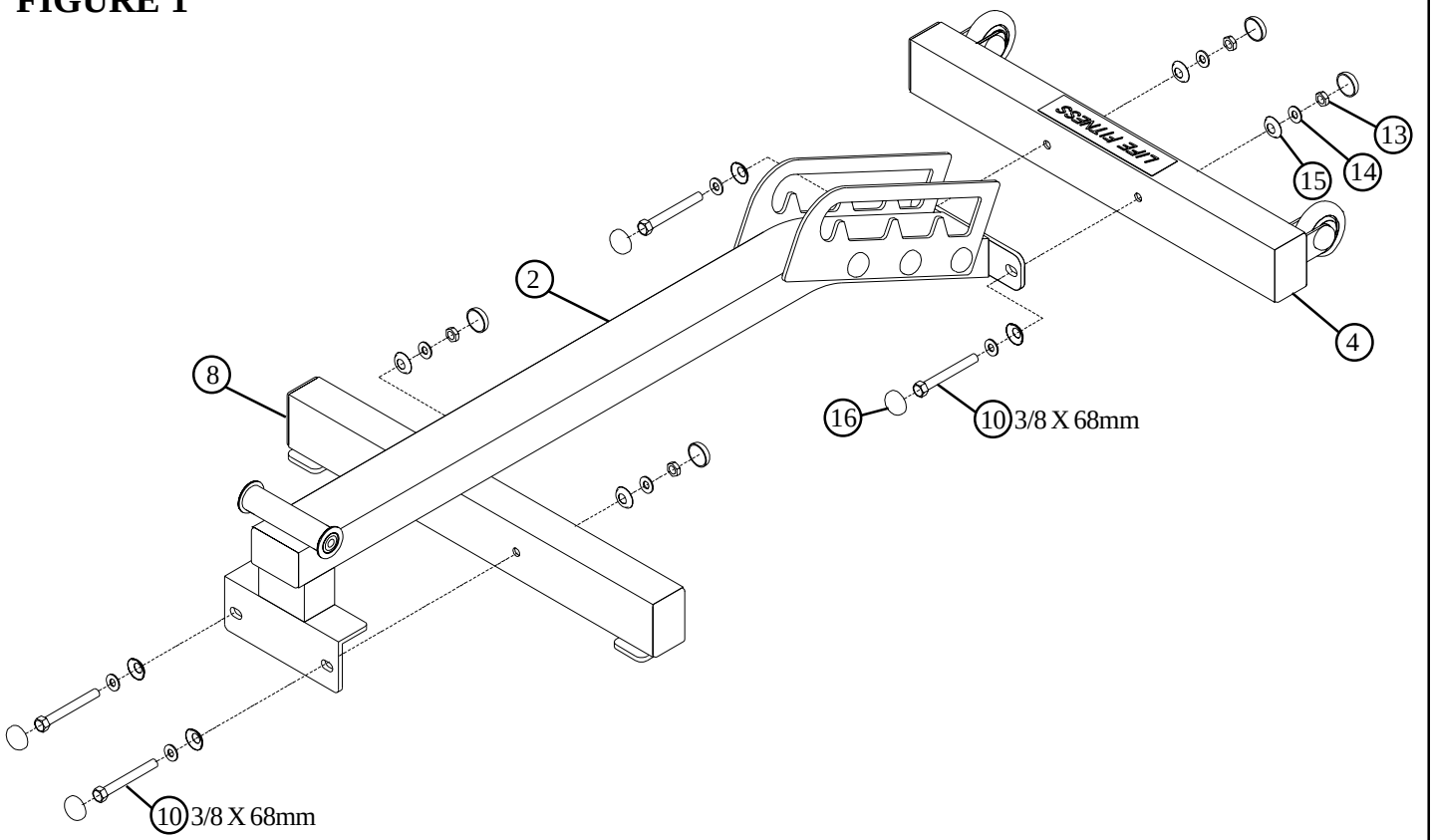


(15) RH WASHER



(16) RH CAP (WHITE/PLATINUM)

FIGURE 1



STEP 1:

- **SECURELY** assemble the BASE (4) to the FRAME (2) using four RH CAPS (16), two 3/8 X 68mm BOLTS (10), four 3/8" SAE WASHERS (14), four 3/8" RH WASHERS (15) and two 3/8" LOW HEIGHT LOCK NUTS (13) as shown in FIGURE 1.

- **SECURELY** assemble the REAR BASE (8) to the FRAME (2) using four RH CAPS (16), two 3/8 X 68mm BOLTS (10), four 3/8" SAE WASHERS (14), four 3/8" RH WASHERS (15) and two 3/8" LOW HEIGHT LOCK NUTS (13) as shown in FIGURE 1.

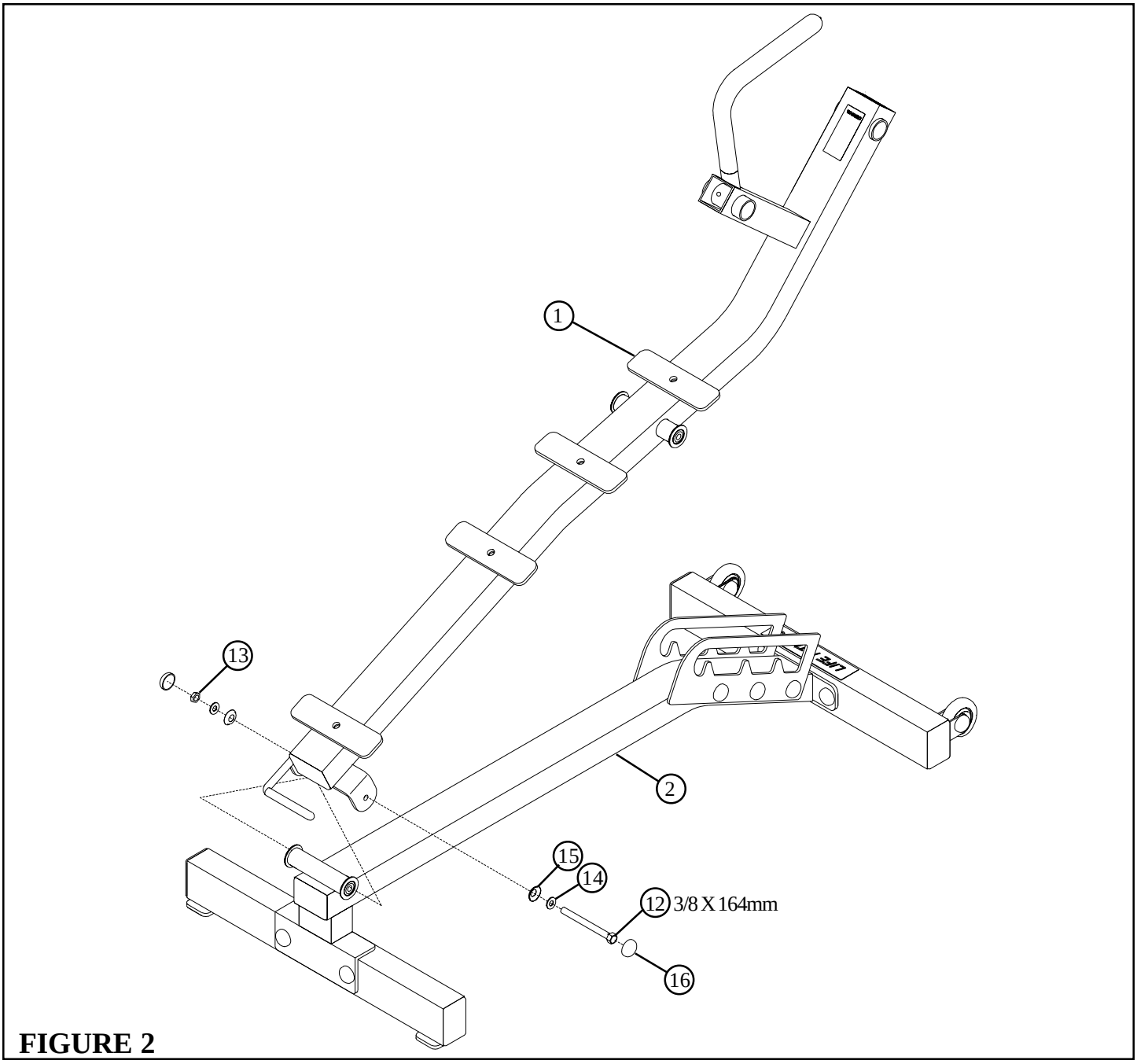
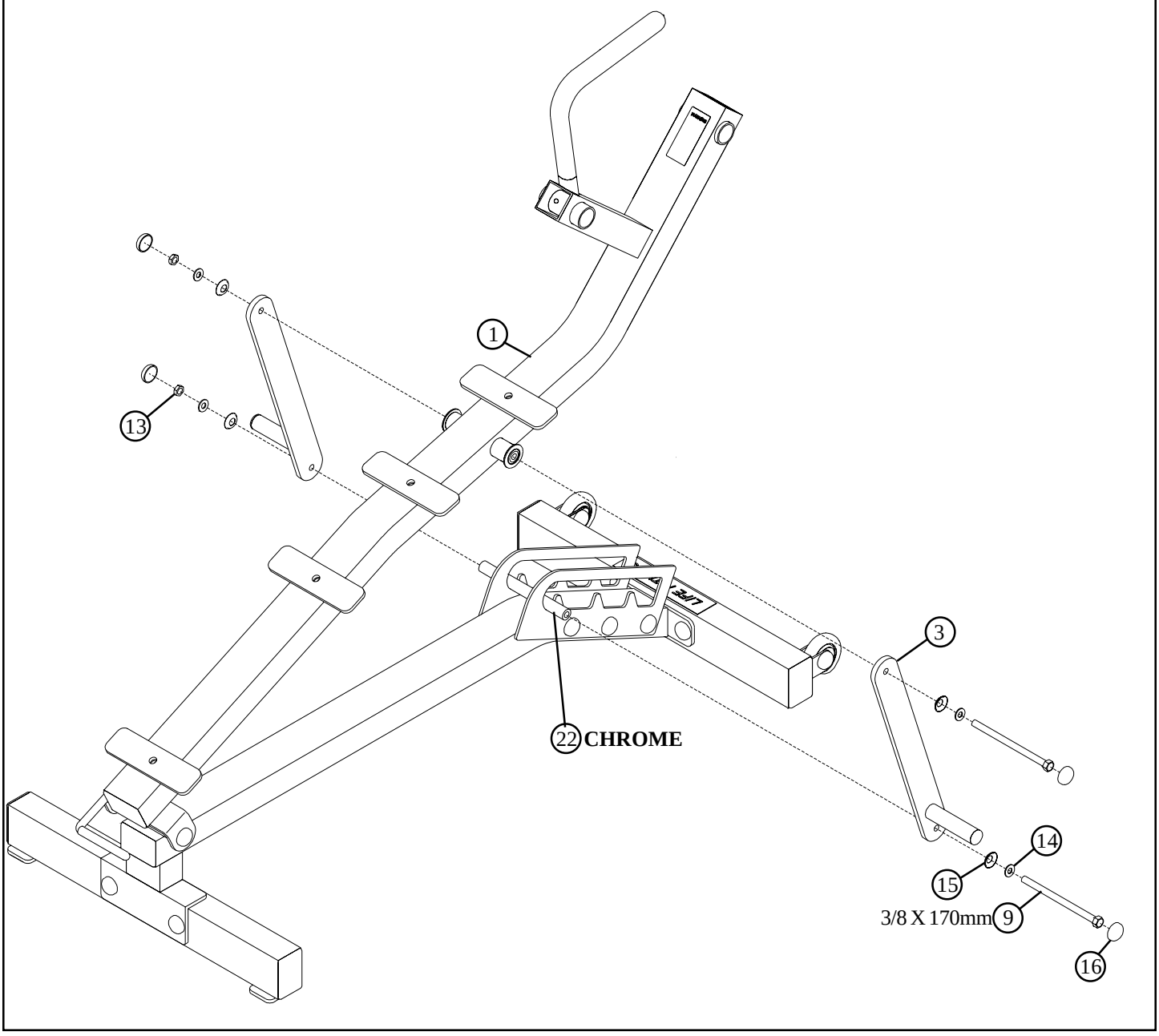


FIGURE 2

STEP 2:

- **SECURELY** assemble the SEAT (1) to the FRAME (2) using two RH CAPS (16), one 3/8 X 164mm BOLT (12), two 3/8" SAE WASHERS (14), two 3/8" RH WASHERS (15) and one 3/8" LOW HEIGHT LOCK NUT (13) as shown in FIGURE 2.

FIGURE 3

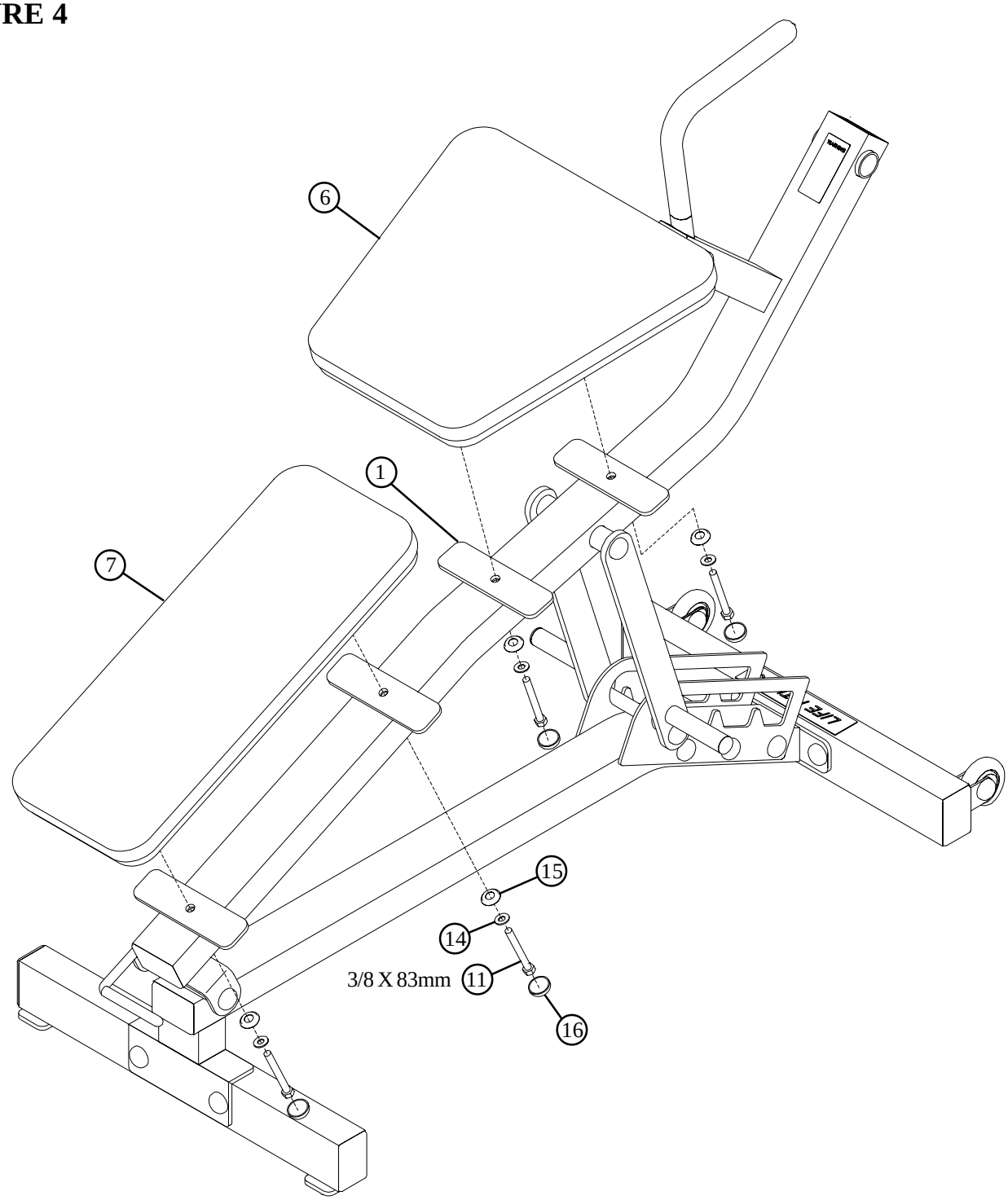


STEP 3:

- **SECURELY** assemble two PAD ADJUSTS (3) to the SEAT (1) using two RH CAPS (16), one 3/8 X 170mm BOLT (9), two 3/8" SAE WASHERS (14), two 3/8" RH WASHERS (15) and one 3/8" LOW HEIGHT LOCK NUT (13) as shown in FIGURE 3.

- **SECURELY** assemble one 3/4" X 5-5/16" **CHROME** PIVOT SHAFT (22) between the two PAD ADJUSTS (3) using two RH CAPS (16), one 3/8 X 170mm BOLT (9), two 3/8" SAE WASHERS (14), two 3/8" RH WASHERS (15) and one 3/8" LOW HEIGHT LOCK NUT (13) as shown in FIGURE 3.

FIGURE 4

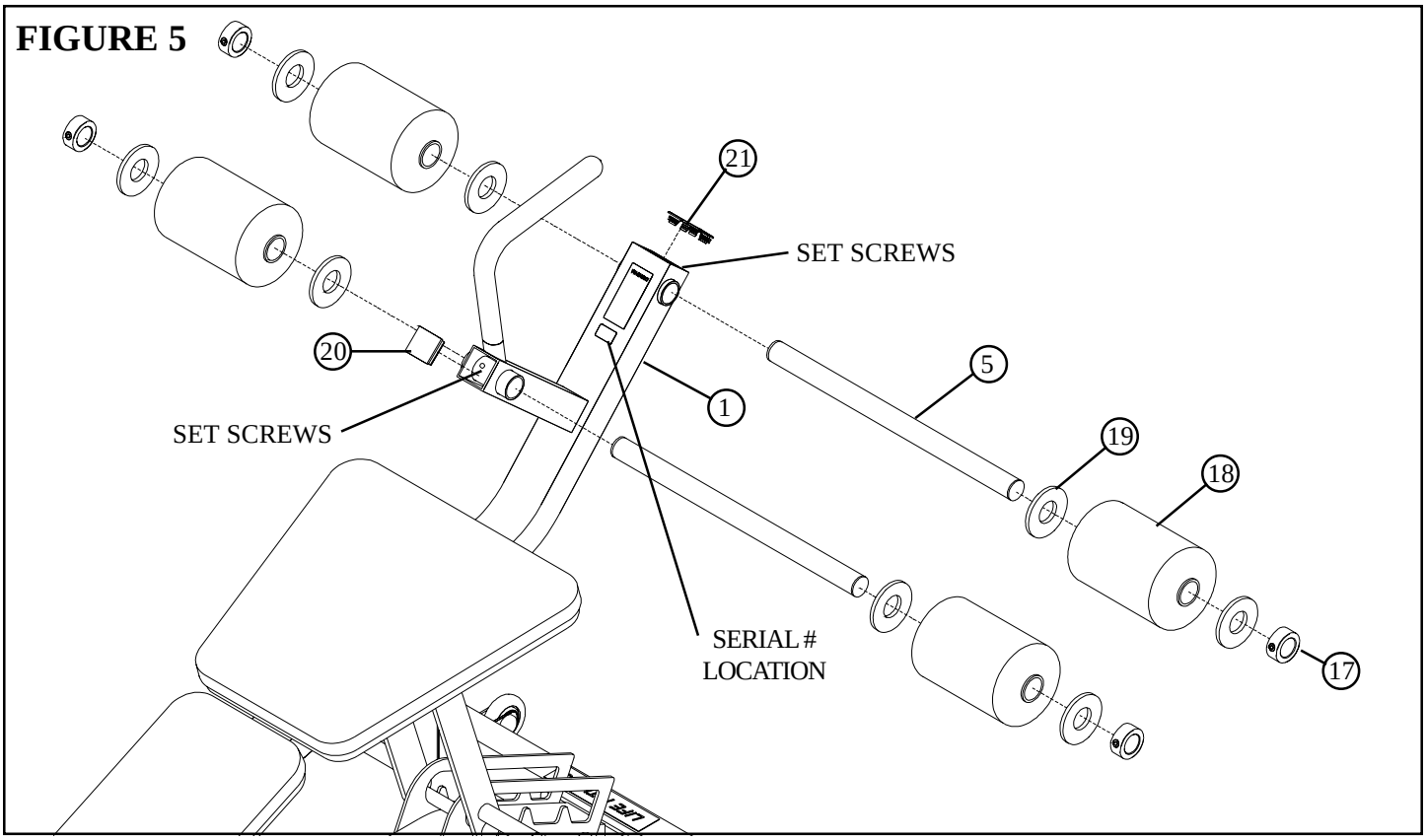


STEP 4:

- **SECURELY** assemble the SEAT PAD (6) to the SEAT (1) using two RH CAPS (16), two 3/8 X 83mm BOLTS (11), two 3/8" SAE WASHERS (14) and two 3/8" RH WASHERS (15) as shown in FIGURE 4.

- **SECURELY** assemble the BACK PAD (7) to the SEAT (1) using two RH CAPS (16), two 3/8 X 83mm BOLTS (11), two 3/8" SAE WASHERS (14) and two 3/8" RH WASHERS (15) as shown in FIGURE 4.

FIGURE 5



STEP 5:

- Assemble four 5 X 8” ROLLER PADS (18) to the SEAT (1) using four 1-1/4” SHAFT COLLARS (17), eight 2-3/8” OD PLASTIC WASHERS (19) and two 19-1/4” ROLLER PAD TUBES (5) as shown in FIGURE 5. Once the ROLLER PADS (18) are assembled to the SEAT (1), **SECURE** the 19-1/4” ROLLER PAD TUBES (5) in place using the four SET SCREWS in the tubes on the SEAT (1) as shown in FIGURE 5..

- Insert one 3 X 2” END CAPS (21) and one 2” SQ. END CAP (20) into the BASE (1) as shown in FIGURE 5.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES ADJUSTABLE AB BENCH. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.